2012 FVAA Senior Girls Basketball Player/Parent Contract

Team rules will be followed at all times. The following information will help your player understand these rules and allow her a smooth transition into the FVAA Senior Girls Basketball program.

- **Attitude** - A coachable attitude will be required in order for a player to stay on the team. If the player exhibits behavior that is detrimental to the concept of positive sportsmanship and, in the judgment of the coach, principal, official or athletic director discredits the school, the program and/or herself there will be consequences.

- **Playing Time**—Coaches do not discuss playing time with parents. A player will know why they are not playing, if they do not know why then they (the player) need to discuss that with their coach. Playing time is determined by the coach from hard work, dedication, skill level improvement, and attitude shown during practice and previous games. If a parent feels they must speak with a coach regarding play time, please set up an appointment with the coach and do not approach them after a game or practice, because this is when they are busy cleaning up and delegating player duties.

  Play time is determined by the F.E.A.R. model:
  - Fitness: A players fitness level is always evident on the court
  - Effort: A player will give 110% effort at all times
  - Attitude: A positive and supportive attitude affects team dynamics
  - Reliability: Can the player get the job done in a time of need

- **Timeliness**—Players are expected to arrive at practice five minutes early and be ready to play at the start of practice. For all other team functions that are not after school, 15 minutes early is on time. There will be consequences for tardiness.

  - Practice Times can always be found at fvaaroyal.com

- **Consistency**—Players will be required to attend all team functions such as games and practices. If a player misses 2 practices for unexcused reasons, she will be suspended from the team for 1 game. Any missed practice after that will be determined on a case by case basis by the coaching staff, and could result in removal from the team for the remainder of the season. If practice is missed without speaking to the coach beforehand player will sit out for the following game. If a player is out due to an injury or major illness, then a doctor note is required to return to play.

- **Dress Code/Appearance**—Players will be required to wear appropriate dress clothes to school on game or travel days, usually Fridays. This includes home and away games. The general appearance of the players must be clean and presentable at all times. All visible piercings must be removed prior to practice or games. iPods and headphones are only allowed in the bus.

- **Cell Phones**—No cell phones are to be used before or during games, or while watching other games. At the end of their game, the player may call or text home to let them know how they did and when to expect them home. The players will be allowed to call or text during the ride home to let parents know we will be arriving home. The same goes for tournaments. If a player needs to use their cell phone during the times listed above, they must get permission from their coach. *(Players need to be cheering during games.)*
on the other teams and watching opponents in tournament play. They need to be interacting with their teammates, instead of texting, or talking on their cell phones.) Cell phones will not be used while teams are lodged together in hotels or schools, so that team interaction and bonding can occur. If this is a problem, phones will be held overnight by coaches, and returned to players when allowed.

**Bus & Ride Behavior**— The bus or car ride to and from games will be kept quiet. We are representing our school at all times. The bus ride to the game is for mentally preparing for the game and the ride home is to think about how we may improve. Players may bring schoolwork or books for the bus or car ride. Portable music devices are allowed on the bus or car, but coaches and bus drivers are not responsible if they are lost or stolen. A dirty bus or car at the end of a road trip will result in team consequences. Transportation will be by school-arranged means only.

*After matches:* Players may ride with their own parents’ home from away games. This requires a parent sign out their player with the coach. Players may not leave a game location with anyone other than their own parent, unless prior arrangements have been made and a letter from the parent is on file with the coaches.

**Player Transportation**— Practice will end promptly at the designated time. Please be at the gym to pick up your player or arrange a ride at this time. Please make arrangements to pick up your player at the gym promptly after arriving back to school on bus or car trips. Players may bring cell phones to call home during the designated time (*see cell phone policy*), and I have a cell they may use.

**Grades**— Please read the school athletic eligibility grades policy. This will be strictly enforced by the coaches and no exceptions will be made. Academics are the #1 priority of all student-athletes.

**Uniform/Equipment**— The player is responsible for the uniforms and equipment that is checked out to them. All uniforms and equipment checked out must be returned to the coach at the end of the season. If any of the items are not returned, the player/parent will be charged for the price of replacing the missing item (this will show up on the player’s school account). In order to keep the uniforms in good condition, wash in cold water with like colors, (ex. *don’t wash your blue jersey and white jersey together*) on delicate, then hang to dry. **Do not put your uniform in the dryer, ever!!!** If jersey and/or equipment are returned in bad condition, the player/parent will be charged for the price of replacing the missing item. **Our uniforms have to last for several years!** The only items that a player may keep at the end of the season are the t-shirts, socks, spandex, and kneepads that they purchased on their own.
Parents are role models:

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child’s athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don’t coach them on the way to the gym or on the way back or at breakfast, and so on. It’s tough not to, but it’s a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.
4. Teach them to enjoy the thrill of competition, to always be giving 100%, to be working to improve their skills and attitudes. Help them to develop the feel for competing, giving a maximum effort, for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you dropped the ball too; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Use positive words and reinforcement.
6. Don’t compete with the coach. The coach is the coach. A child will become confused and begin to withdraw from the sport and feel discouraged.
7. Don’t compare the skill, courage, or attitudes of your children with other members of the team. Each player has different strengths and weaknesses.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting. This is why coaches do not discuss playing time immediately after matches or practice. Appointments can be made for this, but please discuss with your player first, as they usually know the entire story behind the criticism.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, “My parents really helped me in athletics.”
FVAA Senior Girls Basketball – Statement of Support

Dedication to teamwork does not necessarily diminish individual effort. Individual efforts are seen as necessary to teamwork, but they are not enough. As a team member I understand that I will, by my participation, contribute to team development and performance.

Furthermore, I know that I am committing myself to work together with other individuals, players and coaches, who will expect me to participate to my fullest. I will work to alleviate any conflicts that arise as I manage my time as a student, family member, friend, and Volleyball player. I understand that my commitment to my team will require some sacrifices that will require tough decisions.

I will support the spirit of good sportsmanship and scholarship. I will strive to be a tenacious competitor on and off the court, in and out of the classroom, and that I will also be gracious to those I am playing with or against. I understand that I am a role model and I am representing myself, my family, my team, my school, and my community.

I will provide constructive criticism when asked, and will encourage open communication between myself and other team members. I will accept constructive criticism and use it to drive myself to become a better Volleyball player. I will make every effort to stay as positive and supportive as I can be even when the situation seems dire.

I understand that there is more to Volleyball than winning, and that there are lessons to be learned every time I step on the court or I am with the team. I understand individual athlete behaviors, in terms of leadership, attitudes, and performance, shape the dynamics of the team and that all teammates are dependent on each other for the success of the team. I will support my teammates and coaches, and will accept my role on the team by performing in it to the best of my abilities.

By signing on the following page, I understand that my role on a team is a privilege, and that I am expected to follow the procedures set forth in Volleyball Player/Parent Contract.
Dear Parents/Guardians,

The Girls Senior Basketball Team will be competing in the GVISAA league games on a number of dates listed below. Some of these games require them to leave half an hour to one hour early from school to make their game destination on time. They will be leaving from the school prior to each game by parent/volunteer drivers. After each game students will be given transportation back to the school if they need it but not to each persons home. Please feel free to call with any questions or concerns.

Kyle Kay

FVAA Athletic Director
604-607-3822 ext. 314
Kyle.kay@fvaa.ca

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All the games and detailed locations are found on fvaaroyals.com

I ______________________ the parent / guardian of __________________________

(Parent/Guardian Name) (Student Name)

hereby give permission for the above mentioned student to participate in GVISAA Sr. Girls Basketball Season of 2013/2014, and have read and understand the terms set forth in the Basketball Parent/Player contract.

Athlete Signature ___________________________ Date ____________

Parent Signature ___________________________ Date ____________

I acknowledge that any outdoor / indoor activity has inherent risks including but not limited to: Driving / Transportation accidents or injuries, traffic hazards, separation from group; unwanted approached from strangers, abrasions, contusions, concussions, falling from large heights, exhaustion, dehydration, nausea, headaches and sports injuries. While recognizing the presence of any of the above risks, I wish for the above mentioned student to participate in the trip.

_________________________________________ (Parent/Guardian Name) ____________ (Date)